

Lettuce

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Lettuce is a vegetable that is very healthy to eat. Both the stems and the leaves can be eaten.

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Growing lettuce

Lettuce can be grown in many parts of the world, including Europe, Asia, and North America, in temperate climates. It will turn more bitter tasting in hot weather.

You can grow lettuce during winter in a greenhouse.^[1]

Eating lettuce

In some countries, it is often eaten cold and raw, in salads, hamburgers, tacos, and many other dishes. In some places, including China, lettuce is eaten cooked. Lettuce contains very little energy or nutrients.

Kinds of lettuce

Most lettuce leaves are green, but some are red. Most lettuce leaves taste bitter. Some kinds of lettuce grow in a head shape like cabbage, while the leaves of some kinds grow more loosely.

The five main cultivars are: green leaf, red leaf, cos, crisphead, and stem lettuce.^[2]

Common varieties are Romaine, iceberg, and butter lettuce.

The name of the plant in English, *lettuce*, and in Latin, *lactuca*, come from *lactis*, the Latin word for milk, because the juice of the plant looks like milk.

Lettuce



Iceberg lettuce field in Northern Santa Barbara County

Scientific classification

Kingdom:	Plantae
Division:	Magnoliophyta
Class:	Magnoliopsida
Order:	Asterales
Family:	Asteraceae
Genus:	<i>Lactuca</i>
Species:	<i>L. sativa</i>

Binomial name

Lactuca sativa
L.



Loose leaf Romaine lettuce

History of lettuce

Wild lettuce plants were eaten by the Romans and Egyptians. The ancient Greeks were among the first people to grow lettuce as a crop. It was one of the first plants brought to the New World by Christopher Columbus.^[3]

References

1. ↑ <http://www.selfsufficientish.com/lettuce.htm>
2. ↑ <http://www.urbanext.uiuc.edu/veggies/lettuce1.html>
3. ↑ <http://calettuceresearchboard.org/Origin.html>



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